



Fort Belvoir Swim Team

SHARK SIGHTINGS

September 12, 2006

Vol. 4. Issue 1

“THE SYSTEM Works!”

Coaches' Corner

It is an exciting time to be with FBST! We have enjoyed a managed growth in terms of our Senior and Age Group programming. Our Masters team has also enjoyed a new influx of members as they are implementing the new "System" of swimming. We are teaching the same "System" to everyone on our teams. It works for anyone interested in learning how to swim easier and faster.

I encourage everyone to spread the word about our Shark School programming. Remember, Shark School is our introduction to FBST. Swimmers may participate once or twice a week. The entire practice is geared to stroke development, improvement and starts and turns. After a year or two in Shark School, the swimmers are then ready to move on to the Age Group programming.

We have added extra time and space to our Shark School programming. Here are the options beginning the week of September 17, 2006:

Ft. Belvoir (Benyaurd Pool)

Sunday afternoons

4:15-5pm (:45 minutes geared to younger swimmers who are just coming out of lessons) 5-6pm

George Washington Recreation Center

Tuesday and Thursday evenings

5:30-6:30pm or 6:30-7:30pm

Mt. Vernon Recreation Center

Tuesday and Thursday evenings

6-7pm

Lee District Recreation Center

Wednesday evenings

5:30-6:30pm or 6:30-7:30pm

Remember, if you refer a swimmer you can receive incentive discounts off of your dues!

Lets have a great year...I hope you enjoy watching your swimmers progress. I can tell you without a doubt, they will!

See you at the pool!

Mark Murray

FBST Head Coach



Dear swimmers and parents,

First, I would like to say welcome back and welcome aboard to the new members! It was great to see so many new faces at the parents' meeting last Thursday. We appreciate that you came and spent your time with us. To those of you who were not able to attend, another meeting has been scheduled for this Thursday, 6:30 – 8:30, at the Sherwood Regional Library.

I am looking forward to our first workouts, meeting the new swimmers and keeping on building our program. I would like to remind you all that our first meet will be coming very shortly and the meet entries will be due towards the end of September, so don't forget to fill out your meet sheets and get them to me (or to your swimmer's coach to give to me) as soon as possible.

Also, parents, we need your help with filling up officials spots for the Potomac Valley meets that we go to. Potomac Valley has a new rule which will fine each team that does not have appropriate amount of officials on the team. For more details and how to become an official, please contact Ed Doña at edona@cox.net.

Remember to check out the Tip of the Week section at the end of the newsletter. Something new is featured each month that could benefit all swimmers.

Please feel free to ask any questions or just come by to say hi anytime and I look forward to seeing you on the deck!

Petra Martin

FBST Associate Head Coach

Recruiting Incentives

When a referred swimmer pays their dues in full, the referring family will receive a credit equal to 10% of the new swimmer's dues. This credit can be cash back or credit to their account.

Registration and Dues

Everyone should have received an email from the Treasurer of the Board regarding the status of your account regardless if it's paid in full or not. If you have any questions, please contact Kirsten Olechnowicz at skolech@verizon.net or call her at (703) 619-0322.

Mark Your Calendar

Parents Meeting – Thursday, September 14th at Sherwood Regional Library, 6:30-8:30pm. The coaches will go over what to expect for the coming year and answer questions you might have.

Team Outfitting – September 16th at Benyard Pool, 8-11am. Swim suits and accessories will be available from Sports Fair.

Team Equipment Requirements – varies from group to group. See your swimmer's requirement list on <http://www.fbswim.org/1programs.html>

PVS October Open Meet – October 13-14, go to <http://www.fbswim.org/1meets.html> and click on the meet name for more information. Submit your meet sheets <http://www.fbswim.org/1forms/06-07meetschedulesignup.pdf> to your swimmer's coach as soon as possible.

Birthday Wishes

We wish all of our Sharks celebrating their September birthdays! The names of our Birthday Sharks will be posted on the website as soon as possible.

Tip of the Week – Moving Up to a New Age Group

Mind Training Tips for Swimmers

[by Craig Townsend](#)

Do you feel under pressure when you move up into a new age-group of swimming competitors? It seems that many swimmers do. Many seem to feel that any reputation they may have earned in the past age group no longer means anything now that they're swimming against older swimmers, and this really isn't true.

If you were a 'performer' in your past age group, then your reputation will follow you into the next one - and don't worry, everyone will want to know who you are and what you've done in the past. Your reputation as a good swimmer will follow you wherever you go, never worry about that. And there is nothing surer than the fact that you will eventually show everyone what you are capable of doing, no matter how long it takes.

Of course, it is true that that in junior swimming there is often a physical advantage to the older swimmers of an age-group in size and strength, however I have found that the worst part of 'aging up' is that many swimmers mentally give up, because they think they will automatically come last in every race against older swimmers. Once a swimmer has given up mentally, it wouldn't matter if they had the talent of Ian Thorpe or Inge De Bruijn, they simply would not perform. When the body is being powered along by a mind which has given up, the body has no option but to give up as well. For your body to perform, your mind must be directed towards a positive goal.

So the first thing to do (in this new situation of older competitors) is to look for ways to boost yourself up mentally, or even turn the situation around completely, until you actually find it an advantage to being the youngest in your age group! For instance, have you ever thought that possibly the older swimmers would not enjoy losing to a younger swimmer, and they may be feeling a little pressured to perform better than usual? Really, the new kid on the block should have no pressure to perform at all, as no-one really knows what to expect from them in the older age group. Yet the more established swimmers may feel they have their 'position' and reputations at risk from some young upstart swimmer who has burst onto the scene!

Even if this isn't the case (yet), these are great scenarios you can play through your mind to help take the pressure off! Also, remember that any sign of 'unfriendliness' directed towards you by some of the older swimmers may simply be due to the fact that some of them are feeling a little threatened by your presence! Once again, this is something you should use for inspiration, rather than worrying that everyone does not like you. Something you must always remember is that most highly successful people are NOT liked by everyone, because there will always be people out there who are simply jealous of their success.

In fact, criticism from other people can almost be regarded as a sign that you are making progress! No-one can make it to the top of the heap without having to overcome negativity and criticism from others along the way, this is all just a normal part of being successful. Remember, the more successful you become, the more criticism you'll attract - this is just part of the price of fame!

So don't automatically assume that the older swimmers have all the advantages, because even if you are not quite up to their speeds yet, you will soon be breathing down their necks! Hang tough and you will succeed.